



# Chicken & Creamy Peppercorn Sauce

with Sweet Potato Mash & Nutty Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Silverbeet



Black Peppercorns



Chicken-Style Stock Powder



Flaked Almonds



Chicken Breast



Garlic Paste



Light Cooking Cream



Chicken Breast

Prep in: 30-40 mins  
Ready in: 30-40 mins

Eat Me Early

Add some wow factor to your weeknight dinner by whipping up this rich and elegant peppercorn sauce. It works a treat on the seared chicken, buttery mash and the almond-adorned roasted veg.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>butter*</b>	50g	100g
carrot	1	2
silverbeet	1 medium bag	1 large bag
black peppercorns	1 medium sachet	1 large sachet
chicken breast	1 small packet	1 large packet
garlic paste	1 medium packet	2 medium packet
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3164kJ (756Cal)	521kJ (125Cal)
Protein (g)	41.5g	6.8g
Fat, total (g)	48.3g	8g
- saturated (g)	24.2g	4g
Carbohydrate (g)	39g	6.4g
- sugars (g)	20.4g	3.4g
Sodium (mg)	652mg	107mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3924kJ (938Cal)	508kJ (121Cal)
Protein (g)	74.8g	9.7g
Fat, total (g)	53.5g	6.9g
- saturated (g)	25.8g	3.3g
Carbohydrate (g)	39g	5.1g
- sugars (g)	20.4g	2.6g
Sodium (mg)	740mg	96mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## 1 Make the sweet potato mash

- Bring a medium saucepan of salted water to the boil. Peel **sweet potato** and cut into large chunks.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **10-15 minutes**.
- Drain **sweet potato**, then return to the pan. Add a generous pinch of **salt** and 1/2 the **butter**. Mash until smooth. Cover to keep warm.

**Little cooks:** Get those muscles working and help mash the sweet potatoes!



## 4 Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-6 minutes** each side.
- Transfer to a plate to rest.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Cook chicken in batches for the best results.



## 2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **silverbeet**.
- Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

**Little cooks:** Have a go at crushing the peppercorns!

**Custom Recipe:** If you've doubled your chicken, prep extra chicken in the same way as above.



## 5 Make the peppercorn sauce

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook crushed **peppercorns** and remaining **garlic** paste until fragrant, **30 seconds**.
- Reduce heat to low. Add a dash of **water**, scraping up any bits stuck to the bottom of the pan. Add **light cooking cream** and **chicken-style stock powder**. Cook, stirring, until thickened, **2-3 minutes**.
- Add any **chicken resting juices**. Season with **pepper** to taste. Remove from heat.



## 3 Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil** and the remaining **butter**.
- Cook **carrot** and **silverbeet** until just tender, **4-5 minutes**.
- Add 1/2 the **garlic paste** and cook until fragrant, **30 seconds**. Season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



## 6 Serve up

- Slice chicken.
- Divide chicken, sweet potato mash and veggies between plates.
- Spoon creamy peppercorn sauce over chicken.
- Sprinkle **flaked almonds** over veggies to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling the flaked almonds on top!

## Rate your recipe

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